

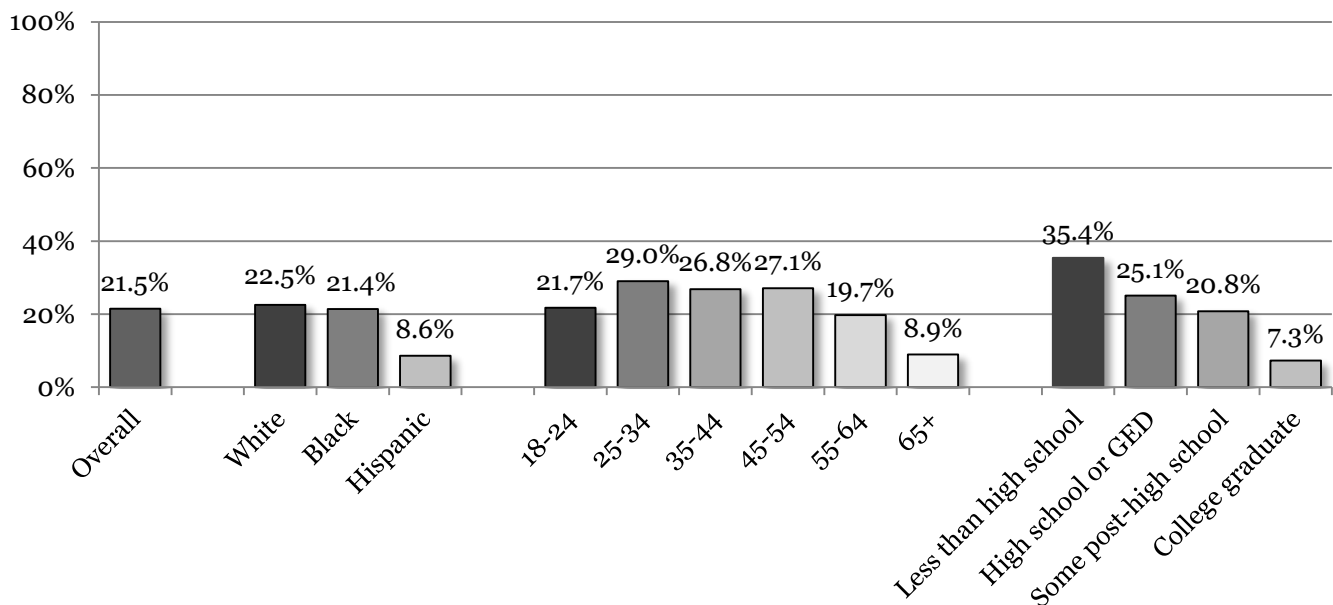
# Smoking and Indiana Women

Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for 11,100 deaths in Indiana annually.<sup>1</sup> Women are now as likely as men to die from many diseases caused by smoking. Eighty percent of all lung cancer deaths in women are attributable to smoking, and women who smoke now have about the same high risk of death from lung cancer as men.<sup>2</sup> Additionally, over 15% of all cardiovascular and metabolic disease deaths among women age 35 and older are due to smoking.<sup>3</sup>

## Smoking Rates among Women in Indiana and the U.S.<sup>4</sup>

- Over 1 in 5 (21.5%) of women in Indiana were current smokers in 2014,<sup>4</sup> compared with 17.2% of women nationally (2013).<sup>5</sup>
- In 2014, 2.8% of middle school girls and 11.3% of high school girls in Indiana were current smokers.<sup>6</sup>
- In 2014, smoking rates were highest among Indiana women ages 25-34 (29.0%).
- Smoking rates were similar among non-Hispanic white women (22.5%) and non-Hispanic African American women (21.4%), but lower among Hispanic women (8.6%).
- Smoking rates among women tend to decline as education levels increase. In Indiana, 35.4% of women with less than a high school education were current smokers in 2014 compared with only 7.3% of women who are college graduates.

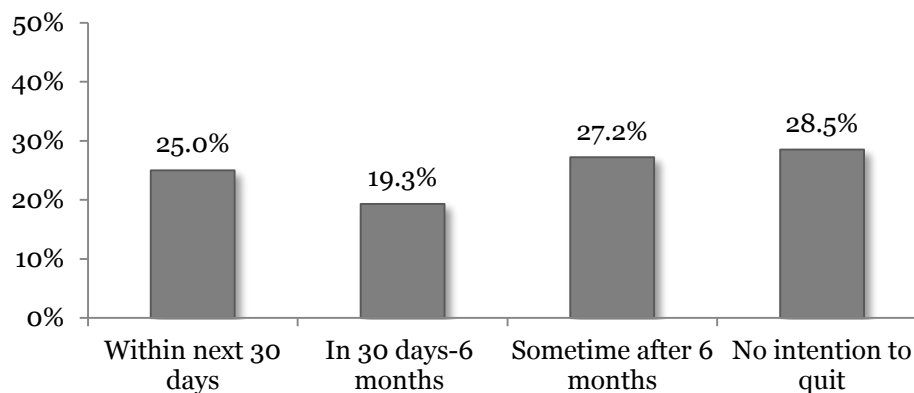
**Indiana Female Adult Smoking Rates,  
2014 BRFSS**



## Smoking Cessation

- In 2014, 61.7% of women who were current smokers reported trying to quit at least once in the past year.<sup>4</sup>
- Intentions to quit smoking among women in Indiana are similar to those for all smokers in the state. While a smaller percentage of female smokers (25.0%) than male smokers (33.3%) report intending to quit within the next 30 days, a similar proportion of female and male smokers (71.5% and 70.9%, respectively) report ever intending to quit.<sup>7</sup>

**Quit Intentions among Adult Female Smokers, 2015 Indiana Adult Tobacco Survey**



## Smoking During Pregnancy

Cigarette smoking among women increases the risk for infertility, ectopic pregnancy, preterm delivery, stillbirth, low birth weight babies, and sudden infant death syndrome (SIDS).<sup>8</sup> The rate of Indiana mothers who reported smoking during pregnancy (15.7%) was considerably higher than the national average (8.5%) in 2013.<sup>9,10\*</sup> Even more alarming are rates in Indiana counties that exceed state and national averages, with 39 counties significantly higher than the state average and all but 3 counties higher than the national average. See the **Pregnant Women and Smoking** fact sheet for county-specific rates and additional information about the health consequences of smoking during pregnancy.

<sup>1</sup> Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs – 2014*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

<sup>2</sup> American Lung Association. Lung Cancer Fact Sheet. <http://www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html>. Accessed July 28, 2015.

<sup>3</sup> U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.

<sup>4</sup> Indiana State Department of Health. 2014 Indiana Behavioral Risk Factor Surveillance System.

<sup>5</sup> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed 06 Aug, 2015]/ <http://wwwdev.cdc.gov/brfssprevalence/>.

<sup>6</sup> Indiana State Department of Health. 2014 Indiana Youth Tobacco Survey.

<sup>7</sup> Indiana State Department of Health. 2015 Indiana Adult Tobacco Survey

<sup>8</sup> U.S. Department of Health and Human Services. *Women and Smoking: A Report of the Surgeon General*. Rockville, MD, U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001.

<sup>9</sup> Indiana State Department of Health. 2013 Indiana Natality Report.

<sup>10</sup> Centers for Disease Control and Prevention. User Guide to the 2013 Natality Public Use File. Accessed 9/28/2015 from [ftp://ftp.cdc.gov/pub/Health\\_Statistics/NCHS/Dataset\\_Documentation/DVS/natality/UserGuide2013.pdf](ftp://ftp.cdc.gov/pub/Health_Statistics/NCHS/Dataset_Documentation/DVS/natality/UserGuide2013.pdf).

\* National smoking during pregnancy rate is calculated from 40 states and the District of Columbia that reported smoking during pregnancy data in 2013.

